

# Bringing HumanaVitality® to school is as easy as 1-2-3.

Better health, more energy, and an opportunity for lower medical expenses – school employees can get a lot out of HumanaVitality. Help them get started today, and they'll be on track to better health in no time.

## Step up



**The road to a healthier life begins with a few simple steps. You take the first step and others will follow.**

- Register, take the Health Assessment, and get your Vitality Age™
- Choose and activate your goals
- Start earning rewards: Movie tickets, iTunes® Gift Cards, Amazon.com Gift Cards, discounted travel, etc.

## Kick off



**Sharing the ABCs of HumanaVitality with everyone at school.**

- Identify your contact
- Distribute the *Healthier Living 101* school toolkit

## Check in



**Good health is an ongoing journey. Keep your school partners moving forward by checking back.**

- The importance of following up
- How to share successes

